

CHS NEWS

A publication by and for employees of the Kentucky Cabinet for Health Services

May 1, 2000

NEWS BRIEFS

Western State Relay For Life

Five teams will represent Western State Hospital at the annual **Cancer Relay for Life** event to be held in Hopkinsville on May 12th and 13th. The five teams, the most from any business or organization, hope to raise over \$10,000 for the effort. Teams from Pharmacy, Social Services, Nursing (2), and one representing all other departments, will be on hand for the overnight event of fun and activities. The Western State Pharmacy team has won the award for *Best Theme* three years in a row and is going for a fourth. The groups raised \$8,000 last year.



TIP OF
THE
WEEK

Experiences during the first three years of a child's life help to determine brain structure and shape the way he/she thinks, learns and behaves for the rest of his/her life. Everyone in a child's life can influence early development. Ways to promote healthy development and school readiness include: being warm, loving and responsive, talking, reading and singing to the child, encouraging safe and explorative play, using discipline as an opportunity to teach, and recognizing that each child is unique.

Employees Get Physical; Fitness Program Sign Ups Start May 3

Have you been thinking about getting some exercise but never seem to have the time to do it?

This week's Wake-Up Wednesday program will give you that time.

A physical fitness program for employees called "Let's Get Physical 2000" will be discussed starting at 8:30 a.m. on May 3 in the Public Health Auditorium. This meeting is to explain the program and allow employees to register; the actual exercise activities will start May 10.

This program encourages folks to walk during their morning and afternoon breaks, lunch breaks, and/or before and after work. The program also provides other fun activities each Wednesday (morning and afternoon) for the duration of the program.

Kentuckians are obese, diabetic, sedentary, and suffer from heart disease in large part because of what we eat and how we don't exercise. This program will help us change that. It will encourage everything from

walking to dancing and from stretching to oriental exercises.

To encourage staff to receive the full benefit of these activities, employees may wear the appropriate

attire (wind suits, tennis shoes, etc.) on the designated Wednesdays as long as they also wear the "Get Physical" buttons.

You can get the buttons when you register and you should wear them on May 10, 17, 24, 31 and June 7, 14, 21, 28 to let everyone know you are participating and to let visitors know that we aren't "goofing off." Employees are asked to take into consideration their work responsibilities on these Wednesdays when considering clothing.

For more information, call Kristi Adkins at 564-7996.



Foster Grandparent To Be Honored

Mary Jo Eberling will receive the Jefferson County Human Services Department of Aging's *Senior Citizen of the Year* award on May 12. Eberling will be 85 this summer and has volunteered 20 hours a week in the Foster Grandparent Program at Seven Counties Services for 24 years, in addition to serving on the Foster Grandparent Program Advisory Council at

Seven Counties Services.

The Foster Grandparent Program is part of the Corporation for National Service, a federal umbrella agency that includes the Senior Companions and the Retired Volunteer Service Program, which partners with CHS's Department for Mental Health and Mental Retardation.

Funding For Smoking Cessation Approved By Lawmakers

The 2000 General Assembly appropriated funds to implement Gov. Paul Patton's recommended program to get Kentuckians to stop smoking.

The Department for Public Health will get \$5.5 million over the next two years for smoking cessation. The department will ask local health departments to submit plans on how to address the four Centers for Disease Control and Prevention goals on smoking:

- Smoking cessation among children and adults
- Decreased numbers of new smokers
- Reduced exposure to second-hand smoke
- Reduced disparity among ethnic and economic groups with high health risks from smoking.

Dr. Rice Leach, the commissioner for public health, said the departments are expected to include efforts to bring various interest groups together including other state funded activities, health care



providers, church groups, Scout and other youth organizations, schools, volunteer organizations, K-ACTION, and other organizations interested in smoking cessation.

The money will be allocated to the 55 local health departments.

Besides the Public Health appropriation, other legislation established the Kentucky Agency for Substance Abuse Policy in the Governor's Office and provided \$5 million over the next two years. This agency will oversee efforts to reduce smoking and drug and alcohol abuse among youth and adults. The agency will also establish organizations in each county to help carry out this work. The Cabinet for Health Services will provide support for this effort.

Building Security Work To Start In June

The bid opening is May 10 for construction work to change the CHR building entry and breezeway as part of the security system changes. Work starts June 1.

Completion is estimated at Sept. 1

A controlled test of the card swipe

door entry system will occur the 2nd week of July to identify problems. Approximately 100-200 members will be asked to participate. A general test of the door entry will be held the 2nd week of August, with all building users participating.

Oakwood Golf Team Readies For Olympics

The Special Olympics is taking on a new *swing* at Oakwood this year. For the first time, the facility has an eight-person golf team to participate in the Special Olympics series that runs from June-Sept.

Recreation Director Jack Hahn and qualified mental retardation professional Dave Wilson, who is also a P.G.A. professional, are leading the Oakwood team.

Practice begins in May on a three-hole, par-three course with flags but no putting.



The team will use nearby Burnside Island State Park course to practice chipping skills.

Oakwood staff plan to visit Stewart Home in Frankfort to observe the golf program there. The Kentucky Section of the Professional Golf Association donated the team's golf clubs.

OTHER GOLF NEWS

The American Lung Association is selling a **2000 Kentucky Golf Tour Card** that offers free or discounted greens fees at more than 220 courses in Kentucky and nearby states. The card also provides savings at driving ranges and indoor golf facilities.

A card costs \$35. There are also discounted rates for multiple purchases. Proceeds go to the American Lung Association.

Call 1-800-586-4872 for more information.